

**DEFENSE MECHANISM
IN SIDNEY SHELDON'S *THE STARS SHINE DOWN*:
A PSYCHOANALYTIC APPROACH**



RESEARCH PAPER

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Arranged by:

**EVI CAHYANINGRUM
A 320 040 178**

**SCHOOL OF TEACHER TRAINING AND EDUCATION
MUHAMMADIYAH UNIVERSITY OF SURAKARTA
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CHAPTER 1 INTRODUCTION

A. Background of the Study

There are many problems arise in this world. Sometimes the problems will make better to run this life, but sometimes such problem will make down. All of them depend on how somebody can handle it and how people can solve it with a positive thinking. If the people think that the problems face will make down and he cannot through this world easily, absolutely the things that he is afraid will become true. The person will feel frightened and sooner or later the anxious will full in his/ her heart.

Anxiety as one of the psychology problems can occur in many ways. Realized or not, anxiety brings the negative emotion that includes fear, apprehension and worry, and is often accompanied by physical sensations such as palpitations, nausea, chest pain and shortness of breath. Anxiety can be nightmare for many people. In family life, anxiety can be seen from the husband who has a fear of losing his wife. For a few people, anxiety is not always a nightmare, with fear, sadness and happiness. It has a very important function in relation to survival.

Anxiety as one of psychoanalytic principles was proposed by Sigmund Freud, an Austrian physician. He introduced the psychoanalytic theory in the early 1900s. the basic meaning of the term psychoanalytic is divided into two levels, they are: the conscious (about the rational things) and the unconscious (about the irrational things). In his research, Freud divided the component of

personality into three parts; they are id, ego, and superego. In the concept of psychoanalytic theory, anxiety becomes the major case. As the result, Freud described the meaning of anxiety that is “a felt active, unpleasant state, accompanied by physical sensation that warn the person against impending danger. The unpleasantness is often vague to hard to pinpoint, but the anxiety it self is always felt” (Freud, 1933/1964: 81-85). According to Hall, anxiety is “a key variable in almost all theorist of personality. The result of conflict, which is an inevitable part of life anxiety often seen as a major component of personality dynamics” (Hall, 1985: 41)

When the anxiety becomes bigger, the people will try to reduce it. Then they will use some ego defense mechanism to loose the feeling of anxiety for a while. Ego defense mechanism is used to maintain the self – esteem and to defend against anxiety (Hilgard, 1962: 511)

Literature as work of art, gives possibility and ease in comprehending other world, realities that happen in certain society and the value system which are adhered by that community. In the literary works, an author in his or her works sometimes shows the anxiety feeling of the character in much condition or case. The author creates a conflict where the character of the novel becomes anxious, frustrated, feeling guilty, and afraid with the next happened so the character becomes anxious to solve his or her problem. It can be seen in a novel written by Sidney Sheldon, where the major character Lara Cameron is frustrated, afraid, and anxious about her condition. Actually she is a success woman, with her hard work, she can handle all the things in the world. But

time goes by, she is wondering that maybe sometimes, there will be another person who knows about her life before she becomes a successful woman. So, when there is a little anxious appears in her personality, she always tries to reduce it by using some ego defense mechanism. There are so many literary works which illustrate the anxiety condition.

Stimulated by the case above, the writer intends to conduct a study on psychological aspect, with the problem of the obsession on the major character in Sidney Sheldon's *The stars Shine Down* published in 1992 by Harper Collins Publishers India Pvt Ltd in 370 pages. The others Sidney Sheldon's works are *The Best Laid Plain*, *Noon, and night*, *Nothing Last Forever*, *the Sand of Time*, *Memories of Midnight*, *page of Anger*, *If Tomorrow Come*, and *The Other Side of Midnight*. Most of his works show the psychological development of the characters, not only the major character but also the minor character.

The Stars Shine Down tells about the story of Lara Cameron's life, since she lives in poor family until she becomes a rich woman. Lara comes from a poor family. Her father works in a boarding house and he likes drink very much. Lara grows up in a bad environment; it leads her to become a brave girl. Her life is not happy enough because her father never loves her anyway. He does it because he thinks that Lara is the girl who causes her mother death, furthermore her mother died when Lara was born. Until in the end of Lara's father life, he still hates Lara and never gives money to Lara. Then Lara promises to herself that someday, she will make her father proud of her. Since

her father dies, Lara handles the boarding house; there she meets Bill Rogers a new boarder from America. They make conversation and Bill teaches many things about real estate to Lara. This conversation leads Lara to have a desire that she wants to become a woman who has many building. One year later she makes her dream come true, she tries to make one building that later will bring her to own many building in Los Angeles. But her success is full of anxious because she always remembers her bad past experiences.

That is why the researcher is interested in analyzing the major character, Lara Cameron because she has very important role in the plot, and gives information about psychological phenomenon. It is seen from the life goal of main character, and her way that she uses to reduce her anxiety by using some ego defense mechanism. The researcher uses Psychoanalytic Approach to analyze this novel and takes a title for her research “**DEFENSE MECHANISM IN SIDNEY SHELDON’S *THE STARS SHINE DOWN: A PSYCHOANALYTIC APPROACH*”.**

B. Literary Review

The study of *The Stars Shine Down* has been conducted by Andy Susanto, the students of UMS. In his study, he analyzes the obsession of Lara Cameron by using Individual Psychological Approach. Nevertheless, the researcher tries to analyze this novel using psychoanalytic approach, so that it will give some views for researcher in doing this study by using Psychoanalytic Approach.

C. Problem Statement

The major problem of the study is “How is Defense Mechanism reflected in Sidney Sheldon’s *The Stars Shine Down*?”

D. Limitation of the Study

In this research the author will focus on the main character, Lara Cameron who has anxiety feeling which influences her personality and her way to reduce it by using some ego defense mechanism. This study uses Psychoanalytic Approach.

E. Objective of the Study

Dealing with the statement above, the objectives of the studies are:

1. Analyzing the novel based on its structural elements.
2. Analyzing the novel based on the psychoanalysis approach

F. Benefit of the Study

The benefits of the studies are:

1. Theoretical Benefit

This research paper is helped to give additional contributions to literature researches dealing with Sidney Sheldon’s *The Stars Shine Down*.

2. Practical Benefit

This research paper has practical benefit, which is to give deeper understanding about the content of the novel, especially from the psychological aspect.

G. Research Method

1. Type of the Study

The researcher uses descriptive qualitative method. Here the researcher tries to relate the discussion of analysis based on the underlying theory.

2. Objects of the Study

The researcher takes Sidney Sheldon's *The Stars Shine Down*, which contains 370 pages. Here, the researcher tries to analyze the psychological aspects that appear in the major character's personality.

3. Type of the Data and the Data Source

There are two types of data sources, namely:

a. Primary Data Source

The primary data source is the novel itself, *The Stars Shine Down* by Sidney Sheldon.

b. Secondary Data Source

The secondary data source includes books and other data that have relationship with the research, such as commentaries and other relevant information.

4. Technique of the Data Collection

The methods of collecting data in this research are as follows:

1. Reading the drama script repeatedly
2. Taking note of the important part in both primary and secondary data
3. Identifying the topic of the play
4. Analyzing the data of the research based on Alfred Adler's theory

5. Technique of the Data Analysis

The technique of Data Analysis in this study is descriptive and hermeneutic. Description means that the researcher interprets the text and content relating to the psychological condition of the major character, while hermeneutic interprets the script to find out the intension of the playwright.

H. Research Paper Organization

This research consists of five chapters. The first chapter is introduction involving background, literature review, problem statement, and research limitation, objective of the study, research method, and research paper organization. The second chapter deals with the underlying theory. It deals with the basic concepts of individual psychological theory and theoretical application. The third chapter is structural analysis. In this chapter the researcher explains the structural elements of the novel. The forth is the discussion about the major character's problem based on Psychoanalytic Approach theory. The last chapter is conclusion and suggestion of the research.